

WARREN SENTINEL



"Jolly Rogers"

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June 9, 2006

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CAPEX IS COMING

Two Warren firefighters are scanned by two 90th Civil Engineer Squadron troops with alpha and beta radiation probes during a CAPEX rehearsal here Tuesday. Scheduled for June 20 to 22 here, the Capabilities Exercise Demonstration (CAPEX) will showcase the United States' ability to respond to a nuclear weapons accident. For more information on CAPEX, visit <http://www.warren.af.mil/capecx/capecx.htm>.

Photo by Maj. Laurie Arellano

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Commentary

Take action: Prevent 'growing' problem

Capt. Fe Lobo-Menendez
20th Medical Support Squadron

SHAW AIR FORCE BASE, S.C. -- It was just two months ago when I sat in my friend's living room sharing pictures from her past. It was her high school year book, 1967, and something very striking caught my eye.

"Wow, all of you were skinny!"

My friend laughed, and staring at the picture responded, "You are right, I had not thought or noticed it." Not one adolescent in her senior class appeared overweight.

After enjoying and sharing a few snap shots of her past, we said our goodbyes and I left to pick up my children from school. Arriving at their high school with my friend's yearbook pictures still vivid in my mind, I was shocked to observe that many of the children walking out of school, gathering by the bus stop, walking to their cars or waiting for a ride, were overweight. These adolescents represent the pool of potential recruits comprising the future of our armed forces.

It's not uncommon for adults to hear and even say, "When I was a kid, I could eat anything and not gain a pound." Yet as adults it becomes increasingly difficult to maintain an ideal weight.

It's an alarming fact that the average American adult gains at least 2 pounds per year over his or her lifetime. This means that a hypothetical 18-year-old weighing 150 pounds could weigh 274 pounds by age 80, almost double his or her weight.

While this example is overly simplistic, it does illustrate a disturbing trend about the declining health of our country's population. Perhaps even more concerning, we are not just maturing toward obesity, but obesity is increasing

among our children.

The obesity epidemic is a public health concern and is being increasingly publicized in the media and by our military leaders. A recent article published by the Associated Press, "Are U.S. Troops Too Fat to Fight?," illustrates the overweight trends of the active and reserve components as well as the weight issues plaguing new accessions into military service.

This article claims that 20 percent of all male recruits and 40 percent of female recruits are too heavy to enter the military. So, recruits are being told to lose weight and reapply.

Data from the U.S. Army Research Institute of Environmental Medicine indicates that 58.4 percent of Soldiers, age 21 and older, are overweight by federal standards, and 36.5 percent of Soldiers age 20 and younger do not meet the Body Mass Index standard.

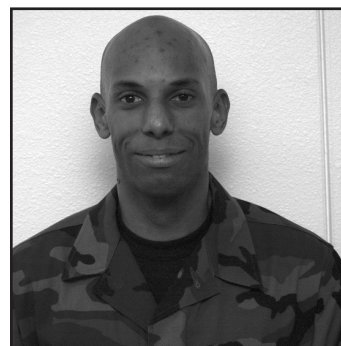
This epidemic will certainly have a negative impact not only on individuals, but on society as a whole. Besides the increased risk for numerous chronic diseases and their socioeconomic impact on the nation, the inability to maintain a fit force could add a heavy burden to the military ranks.

On Jan. 1, 2004, then Air Force Chief of Staff Gen. John Jumper implemented the Fit to Fight Program. This program is not just designed to pass an

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Street Talk

The Warren Sentinel asked members of the 90th Logistics Readiness Squadron "Since change of command season is upon us, what are good qualities to have in a commander?"



"The qualities that I look for in a commander are great leadership qualities, the ability to effectively communicate and interact with his subordinates and most of all, someone who knows how to have fun (in a professional manner, of course.)"

**- Airman 1st Class
Michael Moore**



"A sense of the mission."
- Staff Sgt. Tymika Logan



"To be firm, but fair."
**- Airman 1st Class
Drew Weeks**



"Someone who's going to stand up for his troops and do the mission too. A person who can balance those two is a great commander."
- 1st Lt. Reginald Tuggle

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Airmen get prep school appointments

Four of Warren's finest to attend prestigious USAF Academy Prep School

Col. (ret.) Carol Holland
Liaison office director

Four Warren Airmen were selected to enter the Air Force Academy Preparatory School July 12.

Col. Michael Carey, 90th Space Wing commander, presented the appointment certificates to Senior Airman Ian Manay, 90th Missile Maintenance Squadron, Airmen 1st Class Christina Canales, 90th Missile Security Forces Squadron, Corey Goor, 790th Missile Security Forces Squadron, and Chad Jessup, 790 MSFS, here May 31.

The Airmen were nominated under the Leaders Encouraging Airman Development program by their squadron command-

ers. Airmen Canales, Goor, Jessup and Manay competed with 350 Airmen from around the world for 50 prior-service enlisted slots in the academy prep school.

The preparatory school is a 10-month, non-accredited school designed to academically, physically and militarily prepare young men and women to enter the Air Force Academy. Collocated with the Air Force Academy in Colorado Springs, Colo., the preparatory school offers courses in math, English and general sciences.

Six Warren Airmen have earned commissions from the Air Force Academy since the LEAD program began in 1995: Capts. Jeremy Eggers, Stephen LePrell, Paul Murphy, 1st

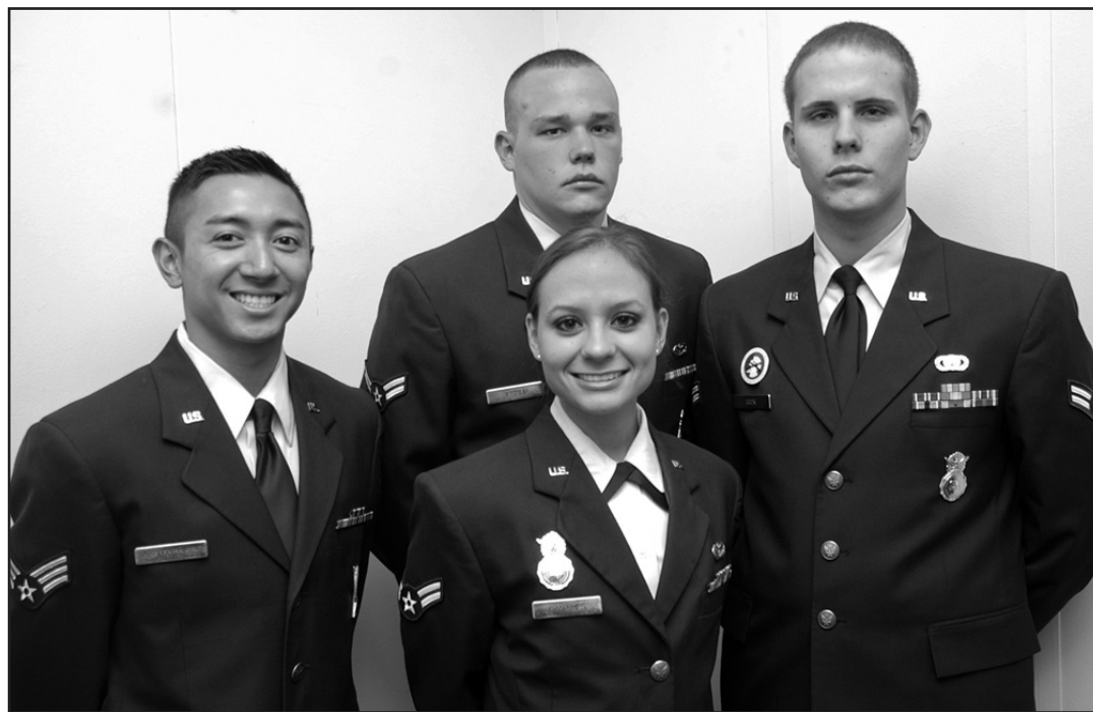


Photo by Senior Airman Tessa Cubbon

From left: Senior Airman Ian Manay, Airmen 1st Class Christina Canales, Chad Jessup and Corey Goor were selected to attend the Air Force Academy's prestigious preparatory school beginning July 12. They competed with 350 Airmen for 50 prior-service slots. Eighty-five percent of preparatory school students move on to attend the academy.

Lt. Jamie Serrecchia, 2nd Lts. Jeffery Hendricks and Travis Russell. Former Warren Airmen Josh Meyer and Jerry Voyles are presently enrolled as cadets at the Air Force Academy.

Appointments to the

Air Force Academy and the preparatory school are available to qualified, active-duty enlisted personnel who will not pass their 23rd birthday before July 1 of the year they would enter the Air Force Academy.

Airmen interested in the LEAD program can obtain information from Sharon Edwards at the base education office at 773-2117 and Col. (ret.) Carol Holland, liaison officer director, at 635-9348.

WARREN'S NCO ACADEMY GRADUATES

Congrats to the following technical sergeants on their graduation from the Peterson NCO Academy (Class 06-4).

John Atkins III, 90th Security Forces Group
Miguel Diaz, 90th Medical Operations Squadron
Michelle Edwards, 90th Space Wing Command Post
Duane Gonzales, 319th Missile Squadron
David Gough, 90th Civil Engineer Squadron
Catherine Green, 90th Comptroller Squadron
Curtis Kastner, 90 CES
Rudy Lara, 90th Logistics Readiness Squadron
Roy Robinson, 321st Missile Squadron
James VanValkenburgh, 90th Maintenance Group
James Wisler Jr., 90 SFG Tactical Response Force

Air Force Space Command sets assumption of command date

PETERSON AFB, COLORADO – Gen. Kevin P. Chilton will assume command of Air Force Space Command June 26. A time, location, and official will be announced in the near future.

General Chilton was confirmed by the U.S. Senate for appointment to the grade of general with assignment as Commander Air Force Space Command on May 19, 2006.

General Chilton's biography can be found on the Web at www.af.mil/bios.

Information about Air Force Space Command can be found on the Web at <https://www.peterson.af.mil/hqafspc>.

AFSPC Safety reports on first week of 101 Critical Days of Summer Campaign

Capt. Karim Ratey
Air Force Space Command
Public Affairs

PETERSON AIR FORCE BASE, Colo. -- As Memorial Day has come and gone, the Air Force kicked off its 101 Critical Days of Summer campaign, and the Air Force Space Command safety office continues to emphasize the importance of taking care of each other as good wingmen during the summer months.

As of June 1, the Air Force had two fatalities, one of which belonged to the command. This falls within the first few days of the 101 Critical Days of Summer.

"The number-one killer throughout the Air Force during the summer months is vehicle mishaps, with the second being water sports," said Col. Christopher Hale, director of safety for Headquarters AFSPC.

My advice to swimmers is to never swim alone and use common sense risk management to balance your activities with your capabilities," said Colonel Hale.

During the summer months, more people engaging in more activities that have a higher risk of mishaps can result in more injuries or fatalities, said the colonel.

"The best way to reduce your chance of injury is to plan your activities, know your limitations and use personal protective equipment. If you're participating with others, be a good wingman and make sure others do the same, he said."

For more information on safety, visit the Air Force Safety Center Web site at <http://afsafety.af.mil>, or the HQ AFSPC Web site at www.afspc.af.mil, and click on the 101 CDS Campaign icon.

101 Critical Days of Summer safety campaign

The 101 Critical Days of Summer campaign is geared toward keeping Air Force personnel safe during the summer months. Higher risk activities such as motorcycle riding and water sports accelerate the possibility of serious mishaps between Memorial Day and Labor Day.

Everyone in Twentieth Air Force has the responsibility to be a good wingman. A good wingman will step up and make sure poor choices and actions don't result in someone being hurt or killed. Don't wait to be a good wingman!

The safety and welfare of our ICBM professionals and their families is the key to success in Twentieth Air Force.

So as summer arrives, Airmen are expected to take the lead and be responsible for themselves, their families and their troops during the 101 Critical Days of Summer.



Now through Sept. 5

Problem, from Page 2

annual physical fitness test, but to change the culture of the Air Force and make fitness part of an Airman's lifestyle. Since implementation,

commanders and senior NCOs, who play a key role in enforcing the new fitness standards and embracing this change in culture, have overseen an

approximate 80-percent pass rate compared to 69 percent before implementation Air Force-wide.

So you might ask yourself, "what can I do

to stop the trend?" It is time for everyone to get involved. We have to lead our troops to a healthier, fit lifestyle. All of us have to sell exercise and good

diet to our Airmen. This will ensure the U.S. military maintains its legacy as the fastest, leanest and most powerful military in the world.

General 'Spreads The Word' on NSPS

AFSPC director of installations and mission support visits Warren

Capt. Joe Macri
Air Force Space Command
Public Affairs

Brig. Gen. Richard Webber, director of Installations and Mission Support, Headquarters Air Force Space Command, visited Warren Monday to conduct his Spread The Word briefing regarding the new National Security Personnel System.

General Webber's briefing provided wing leaders with the most current information on NSPS and the guidance necessary to make the transition to the new system a success. It is one of the first steps in implementing NSPS throughout AFSPC and follows a successful conversion to NSPS at Spiral 1.1 installations such as Tinker Air Force Base, Okla. In this conversion, no employee lost money when moving into the new system; in fact, due to the within-grade-increase buy-in, many employees actually gained a one-time pay increase.

NSPS is designed to value talent, reward contribution, and promote excellence. Employees are rewarded for their performance and for how they contribute to achieving their organization's goals. Employees' performance and contributions are more fully recognized and rewarded. The system is a new way of hiring, retaining, and evaluating civilian employees. Implementation has been set up using a spiral system seen above in phases across the Air Force and Department of Defense.

The new system is intended to replace what some consider an outdated legacy system that is too rigid. "NSPS is a major cultural change for all of us," said General Webber. "Air Force Space Command is committed to ensure that change is recognized and supported at every level. Change can be stressful, but with NSPS it can also be rewarding."

NSPS will not only benefit the employee under the pay for performance system, but will aid organiza-

"NSPS FOCUSES ON RESULTS, NOT PROCESSES. IT ALLOWS US TO PLACE THE RIGHT PEOPLE, IN THE RIGHT JOBS, AT THE RIGHT TIME TO MOST EFFECTIVELY PERFORM THE WORK WITHIN AIR FORCE SPACE COMMAND."

- Brig. Gen. Richard Webber
Director of Installations and Mission Support
Air Force Space Command

tions by improving flexibility within positions. General Webber describes it this way, "NSPS focuses on results, not processes. It allows us to place the right people, in the right jobs, at the right time to most effectively perform the work within Air Force Space Command."

There are several important items to note regarding NSPS. The system will not change merit system principles that form the foundation for the federal civil service. NSPS does

not affect laws that cover employee benefits, health and life insurance, retirement, leave or veterans preference.

General Webber recognizes that this transition will be a challenge, "NSPS will require total support, military and civilian, from top to bottom in order to transition from an entitlement culture to a performance culture. This transition calls for more than just skills training, but a new approach in our call to service."

Additional voluntary retirements announced

A select group of officers may be eligible to retire early

WASHINGTON -- The Air Force is offering additional voluntary retirements to a select group of officers, officials announced June 2.

As a result of the Fiscal 2006 National Defense Authorization Act, the Force Shaping Program Phase II additional

measures offer voluntary retirements to officers with at least eight years Total Active Federal Commissioned Service and 20 years Total Active Federal Military Service.

The Air Force will waive active duty service commitments (except Aviation Continuation

Pay, Judge Advocate Continuation Pay and Critical Skills Retention Bonus) and allow officers meeting these criteria to apply for voluntary retirement on Sept. 1, 2006, or earlier.

Lieutenant colonels and colonels who are retirement eligible are encouraged to apply for

retirement between now and Sept. 1, 2007.

Some force shaping initiatives are still offered such as the "Blue to Green" option for officers and the waiver for lieutenant colonels and colonels to retire with two years time in grade through 2007. The Air Force is also

authorizing a temporary program to allow officers to establish a voluntary retirement date up to 15 months in advance.

If not enough volunteers elect to retire under this force shaping initiative, a Selective Early Retirement Board could convene in 2007.

Briefs

YES program

The Youth Employment Skills program is an on base youth volunteer program funded by the Air Force Aid Society. YES allows all certified and enrolled high school students to “bank” volunteer dollar credits toward their post-secondary education/training at a rate of \$4 per hour volunteered in an on-base position. Students may accumulate as many as 250 hours, for a potential \$1,000 maximum, over all four years of high school.

For more information on YES, contact Andrea Black at 773-2564.

Attention new parents

Newborns are covered as a Tricare Prime beneficiary for the first 60 days after birth as long as one additional family member is enrolled. Once your baby has reached 2 months, they will become Tricare Standard, if they have not been registered in DEERS. To avoid confusion and expensive hospital bills in the future, follow these steps:

To register a child take his birth certificate or a letter of certified live birth (can be obtained from the hospital medical records section for free) to the military personnel flight before the newborn is 60 days old.

Afterward, go to the Tricare office (located in the 90th Medical Group clinic) before the 60th day to enroll the newborn in DEERS.

Lead based paint class

A lead awareness class is scheduled to be held 2:30 to 4 p.m. Monday at the base theater. The class is open to all base personnel and is intended for those who may come in contact with, but not disturb, lead.

For more information, contact Michael Zak at 773-4358.

Water outage update

Due to the repair of potable water lines, there will be a water outage on base 8 a.m. to 5 p.m., Monday. Facilities affected are buildings 1152, 1155, 1265, 1260 and the eye wash station next to the gas station. This will not affect fire suppression. Porta-Potties will be available on site. All times are subject to change.

For further information, contact Master Sgt. Danny Rigney at 773-4097.

Asbestos management plan: Developed to protect base residents

Michael Zak
90th Civil Engineer Squadron

Many of the buildings and homes on Warren were built prior to 1981 and contain asbestos in the various building materials. Due to potential health risks associated with asbestos exposure, the Air Force requires that each base implement a proactive plan to deal with potential asbestos hazards.

To accomplish this here, an asbestos management plan and an asbestos operations plan have been developed.

These plans assign responsibilities and describe procedures for managing hazards associated with asbestos here and the missile sites in Colorado, Nebraska and Wyoming. They cover general designation of duties, identifications of hazards, testing procedures, abatement methods, training requirements, protection of families in military family housing, and protection of workers in non-MFH facilities. The plans also define the type of training required for all facets of the program.

The current AMP and AOP are available to be viewed on the O-drive under Base_Information/90CES_Information/Environmental/Asbestos Management Plan or Asbestos Operations Plan.

Asbestos surveys have been accomplished on many of the buildings to help the 90th Civil Engineer Squadron plan work activities. The survey information is under O Drive/Base_Information/90CES_Information/Environmental/Asbestos

"A KEY GOAL OF THE ASBESTOS MANAGEMENT PLAN IS TO PROTECT AIR FORCE PERSONNEL AND THEIR DEPENDENTS FROM THE RISKS ASSOCIATED WITH ASBESTOS."

- Michael Zak
90th Civil Engineer Squadron

Data. Currently four major surveys covering most of the facilities on base have been digitized and scanned so that virtually every worker, or concerned personnel, has instant access to data to determine if the materials of concern contain asbestos.

A key goal of the AMP is to protect Air Force personnel and their dependents from the risks associated with asbestos. The main focus of the plan is to protect workers and occupants from asbestos exposure. To accomplish this, the 90 CES Environmental Flight offers a two-hour asbestos awareness class at the base theater on a quarterly basis. This class is open to all base residents and personnel, and is intended for everyone who may come in contact with, but does not disturb the asbestos. The next class is scheduled from 12:30 to 2:30 p.m. June 12. Workers who actually work around and disturb asbestos receive more extensive training annually on how to protect themselves and others.

Although many real hazards are

attributed to asbestos, there must be a route of exposure, such as inhalation of airborne fibers, to become a problem. In other words, just because asbestos is present it does not mean a hazard exists. It is Air Force policy to manage asbestos in-place by maintaining the asbestos in good condition.

Whenever facilities are being renovated, abatement of the asbestos is considered part of the renovation when it is cost effective. Every civil engineering work request is reviewed by the environmental flight to determine whether or not asbestos could be an issue, and if so, to incorporate proper procedures into the work plan so that workers and building occupants are protected. Precautions and procedures are also incorporated into all maintenance, repair, renovation and upgrade activities on base that disturb building materials that are known, or are presumed, to contain asbestos.

For more information, contact program manager Michael Zak, at 773-4358.



Taxpayer Advocate Service (TAS):
Is a FREE Resource for Taxpayers with Unresolved Tax Problems

The 2005 Tax season just ended but you may need help with IRS issues. TAS is an independent organization within the IRS dedicated to helping business owners and individual taxpayers resolve and prevent tax problems. TAS will negotiate on YOUR behalf with the IRS to secure the most equitable and fair resolution legally possible. Client information is kept confidential and will only be released to the IRS if it is necessary to resolve the situation. Each client is assigned an individual case advocate who will work with that person until the IRS problem is resolved.

If you or any other military members are experiencing a problem with the IRS, please call TAS for help, especially if you are suffering or about to suffer a hardship due to the IRS situation.

If you have any questions about TAS please contact us at 307-633-0800. Or write to Taxpayer Advocate Service, P.O. Box 2941, Cheyenne, WY 82001. Inquiries may be faxed to 307-633-0918. For forms and information on TAS visit www.irs.gov/advocate.



Photos by Justin Nestorick

Airmen 1st Class Shawn Ruiz, 321st Missile Squadron, Quintin Bradley, 319th Missile Squadron, and Alliy Atienza, 319 MS, prepare chocolate dishes for the 90th Operations Group Iron Chef competition held here on Monday. Airmen Ruiz and Atienza competed in the event. Airman Bradley worked as Airman Atienza's helper. The competition is held on a quarterly and yearly basis. Staff Sgt. Patricia Souder, 90th Operations Support Squadron, said this competition was the closest ever. Airman Atienza's chocolate burrito dish won by one point.

Warren holds Iron Chef competition



Far left: Senior Airman Jennifer Valliere, 320th Missile Squadron, prepares Kahlua trifle for the Iron Chef competition held here Monday.

Above: Airman 1st Class Quintin Bradley, 319th Missile Squadron, helps competitor Airman 1st Class Alliy Atienza, 319 MS, make the winning chocolate burrito dish during the 90th Operations Group Iron Chef competition held here Monday.

Competitor Senior Airman Jennifer Valliere and helper Staff Sgt. Michael Harris, 320th Missile Squadron, show off Kahlua trifle they made for the Iron Chef competition here Monday.

Records manager still spinning from NSI honor

THE CIVILIAN PAVILION

Matt Cox
90th Communications
Squadron

Base records manager Kathy Austin, 90th Space Wing, was quietly recognized for her efforts during the Nuclear Surety Inspection here in late March.

If it were up to her, she'd keep it quiet.

But recognition from the visiting NSI team is far too important to her peers and colleagues to let Ms. Austin's humbleness shadow such high praise.

Because of her hard work during the past 18 months to implement the newly mandated Air Force electronic records management program here, Ms. Austin was singled out by the NSI team as going above and beyond.

In addition to having the Air Force Space Command stamp of outstanding records management program, Ms. Austin received a token seldom given to military members, let alone civilian contractors: the inspector general coin.

"I was shocked," said

Ms. Austin. "(Lt.) Col. (Michael) Crocker called me and told me that I'd soon be receiving recognition from the NSI team."

The following day, March 30, Senior Master Sgt. Robert O'Connor, AFSPC IG, Peterson Air Force Base, Colo.; 90th Communication Squadron commander Lt. Col. Michael Crocker; deputy chief of communications David Frederick; and Remtech Services project manager Russ Scott, dropped by Ms. Austin's office in Building 333 to share the good news.

"The IG coin is rarely given even to military members," Ms. Austin said. "So for a civilian contractor to get one is even more rare."

According to Sergeant O'Connor, the visiting IG who presented the coin to Ms. Austin, only a very small percentage of individuals receive an IG coin from an IG inspector.

Now, after the high watermark left from the NSI success, Ms. Austin is tackling the next project coming out of the records office.



Photo by Matt Cox

Base records manager Kathy Austin, 90th Space Wing, recently was recognized for her efforts during the Nuclear Surety Inspection at Warren in March. Ms. Austin received the elusive inspector general coin from the visiting IG, Senior Master Sgt. Robert O'Connor, Air Force Space Command, March 30.

"Our focus now is to implement the electronic records program base-wide as well as continued records training," she said.

Not a small chore when you're responsible for more than 285 offices and 550 records professionals.

She said she would be remiss if she didn't recognize the others around her, such as the functional area records managers, that work very hard to en-

sure their specific records office is always inspection ready.

Coworker Lisa Chadick said the training she has received from Ms. Austin has been very beneficial in her position in the records office.

"I wasn't surprised when Kathy's program did so well during the NSI; she works very hard with the unit records custodians to ensure their programs are properly

managed," said Colonel Crocker. "I'm always honored when someone in my squadron, military, civilian or contractor, is recognized for their hard work during an inspection."

Sergeant O'Connor concurred.

"Ms. Austin stood out during the NSI as she displayed outstanding professionalism," he said. "It was evident to me that she has built trust and teamwork throughout the wing."

Soul survivor

Warren NCO translates life through music

Airman 1st Class Connor Elayan
90th Space Wing
Public Affairs

The sounds of piano notes resonate in the hallways of the base chapel. The quality and tone of the music invites you to follow. As the song leads you through the chapel annex, you can feel the passion in every note.

As Staff Sgt. Dometrus Hawkins, 90th Maintenance Operations Squadron, plays the song he wrote that won him second place in the world category of the Songs from the Soul of Service song writing competition. It is obvious he put his heart and soul into it.

With the help of a friend, Sergeant Hawkins wrote "Yeah, Yeah," a jazz song that took second place. Two other original songs he wrote, "Valentine" in the hip hop category and "I'd Rather" also in the world category were awarded semi-finalist status.

"As many entries as they had, I am really proud," said Sergeant Hawkins. "It's really encouraging to know there are people out there writing and trying to make good music."

Sergeant Hawkins heard about the contest when a friend received an e-mail advertising for original song lyrics written by servicemembers. When his friend read the advertisement, he knew just the person to forward it to.

"He said the first person he thought of was me so he sent me the link and I

checked it out," said Sergeant Hawkins. "I sent in a few songs and it just happened to work out the way it did."

Sergeant Hawkins journey as a musician began early in life. When he was 6, he sang gospel with his mother and younger brother. Because his father is a minister of music and his mother was a choir director, it is no surprise that he grew up having a passion for song writing and a love of singing and performing.

As a young child, Sergeant Hawkins didn't seriously pursue music. When he started high school in Arizona, however, he began performing with a group he had met at church functions and other events like Martin Luther King Jr. Day parades and Juneteenth celebrations. He continued on this path until 1996 when he joined the military.

"It was difficult to leave the group but when I was in tech. school at Keesler, I met some really nice people there who kind of helped me develop who I am," said the staff sergeant.

Although Sergeant Hawkins says being in the military gives him limited time to work on his music, it has also been a big part in shaping who he is as an artist.

"Being in the military, you travel a lot and meet a lot of people who have different sounds and different ideas about music," said Sergeant Hawkins. "Being in the military you develop a good sense of style as far as writing is concerned. Traveling and being able to experience



Photo by Airman 1st Class Connor Elayan

Staff Sgt. Dometrus Hawkins, 90th Maintenance Operations Squadron, plays his award-winning song on a piano at the base chapel June 2. He won second place in the world category of the Songs from the Soul of Service song writing competition. His song, "Yeah, Yeah," is a jazz piece.

different things – you get a good mix of opinions, situations and ideas."

Sergeant Hawkins says he uses his family for inspiration. It was inspiration from his relationship with his wife that landed him second place in the competition.

"I remember I was sitting at work one day and I could hear the music in my head," said Sergeant Hawkins. "The actual song is a story about my wife."

And his family couldn't be more proud.

"My wife is pretty excited. I tell her all the time that it takes an opportunity for

some to hear you and they have to be on the same page as you."

Sergeant Hawkins says he would like to pursue his music talent more in the future.

"I know that I want to write and make music. Ideally, the type of music I do a lot of it is in Philly. I listen to a lot of Music Soul Child, Floetry and Jill Scott. A lot of the soul movement is coming out of Philly," said Sergeant Hawkins. "I'd like to see myself with that caliber of people maybe writing for them."

With his military job in

satellite communications and working on his own music, Sergeant Hawkins also finds the time to work with other Warren musicians and even has a studio set up in his house.

Having first-hand experience in the music industry, Sergeant Hawkins advises up-and-coming musicians it is a hard road, but if you keep at it, you will meet your goals.

"Know that it is not going to be an easy road, said Sergeant Hawkins. "Keep trying to learn from others and keep working at what you do - never be satisfied."

Space Command celebrates Air Force first

MCCC is a single focal point for all network systems

Capt. Joe Macri
*Air Force Space Command
Public Affairs*

PETERSON AIR FORCE BASE, Colo. -- On June 1, Air Force Space Command stood up a Major Command Communications Coordination Center creating a single focal point for all network systems across AFSPC.

At the direction of Headquarters Air Force, all MAJCOMs are required to consolidate their network operations and systems under an MCCC. The command's MCCC will be the first of its kind in the Air Force, and could become a model for other MAJCOMs. The AFSPC effort is a major step in consolidating network operations across the Air Force.

According to Brig. Gen. Stephen Lanning, director of AFSPC Logistics and Communication, it makes sense that AFSPC would lead the way in standing up an MCCC.

"Our lifeblood dependence on communications networks for mission execution

and the diversity of our mission networks, means our MCCC will likely be largest, the most encompassing, and the flagship MCCC in the Air Force," said General Lanning.

There are currently more than 170 networks and systems within AFSPC. Consolidating them will help standardize their operations, provide "one-stop shopping" for issues affecting the systems and provide greater oversight of systems across the board.

Network operations traditionally focused on classified and unclassified computer networks; however, AFSPC has several systems that operate autonomously from the traditional networks. This can cause problems when users try to track down problems in a particular system. It also meant there was no single way of doing business across the various networks and systems.

"Each system has its own points of contact and way of doing business" said Maj. Jeff Devine, chief of network architectures and standards for AFSPC. "If you have a



Photo by Capt. Joe Macri

Master Sgt. Pete Norris, a crew commander assigned to the new Air Force Space Command Major Command Coordination Center, reviews the AFSPC mission system network security posture on the MCCC head-up display. The HUD facilitates tracking of mission system compliance with all security software updates.

problem with the Global Positioning System network, you have to figure out who runs the GPS network and go to them. If you have a problem with the Air Force Satellite Control Network, that's another phone call. The MCCC will provide the warfighter a single focal point for all of these networks so that users know where to go for help, and commanders know what resources they have available at their fingertips."

Commanders will be able

to access an MCCC Web page on the Secret Internet Protocol Network, known as SIPRNET, which shows them the current status of all systems within AFSPC.

The command is spending approximately \$750,000 to stand-up the MCCC. Most of this funding deploys new network monitoring tools to monitor the more-than 170 networks and systems. Manning for the center is coming from the existing Network Operations and Security Center. Although the MCCC

will initially consolidate operations only, the eventual goal of AFSPC is to consolidate infrastructure which could result in significant cost savings.

Additionally, AFSPC has been selected to stand up one of two Integrated Network Operation and Security Centers that will eventually become a hub for network operations across the Air Force. The other I-NOSC will be located at Langley Air Force Base, Va.



Photo by Senior Airman Tessa Cubbon

PUMPING IRON

Chris Osborne, 90th Civil Engineer Squadron, lifts weights at Independence Hall here May 10. Mr. Osborne, like many Warren members, enjoys the fitness facilities on base. In addition to Independence Hall, otherwise known as the 24-hour gym, Warren members can work out at Freedom Hall located by the Child Development Center.

790 MSFS member is volunteer fire fighter

NCO also volunteers as a Boy Scout advisor

Staff Sgt. Nathan Pollard recently sat down with Senior Airman Tessa Cubbon to discuss being a volunteer firefighter, convoy tactical commander and being 90th Security Forces Group Noncommissioned Officer of the Year.

What do you do?

I am a convoy tactical commander with the 790th Missile Security Force Squadron. I'm usually a fire team leader. We transport nuclear weapons.

What's the best part?

The troops. They're fun.

What do most people misunderstand or take for granted about your job?

The hours. Because of the nature of what we do, a lot of people don't see that we show up to work at 5:30 a.m., and that we're on the road or getting ready to leave by the time they're showing up to work.

It sounds like you work a lot. What do you do when you're not working?

[I'm a] volunteer firefighter for Laramie County District 2. I'm also an explorer post advisor. Before my son was born, I was taking a lot of computer science courses and a lot of computer familiarization

stuff. It seems like the Air Force is going toward that medium.

What is an explorer post advisor?

In the Boy Scouts of America, they have ranks up to Eagle Scout. Once you become an Eagle Scout, you're pretty much top of the team for Boy Scouts. Explorer post basically focus on law enforcement, emergency medical services protection and basically any sort of public service [training for Eagle Scouts]. Through the fire department, we have an explorer post of six to 10 explorers ages 14 to 21. They come up there to learn about being fire fighters and medical responders and they get to do all the hands-on training in all of the stuff the fire department gets to do -- at least they get to learn about it. As their training levels progress, they actually get the opportunity to ride with the firefighters

It's really cool to watch them go from knowing nothing about it to actually get to jump in the trucks and get the adrenaline rush.

You were also named the Noncommissioned Officer of the Year for the 90th Security Forces Group, right? How did



Courtesy photo

Staff Sgt. Nathan Pollard, 790th Missile Security Forces Squadron convoy tactical commander, speaks to his troops recently. Sergeant Pollard was named 90th Security Forces Group NCO of the year.

you do that?

Honestly? I didn't try to. It felt like I was doing what I was supposed to be doing. I'm still kind of surprised.

How do you feel about being selected as Volunteer Firefighter of the Year?

That was an honor, because you get a group of volunteers, and they all put in as much time as they can, and any of them could have been selected. My wife and I both were nominated for that.

Your wife is a volunteer firefighter as well?

Yes. A lot of the behind

the scenes that the military doesn't see is because of her. She's very supportive. It's a good deal.

Who's your hero?

My dad. He started out going the wrong way, and he managed to straighten himself to the point not only where he raised my sister and I, but he's also a father figure to lots of different people.

When you were little, what did you want to be when you grew up?

I didn't know. We used to run around playing G.I. Joe with wooden cut-outs of M16s and shotguns, but did I know that was what I was going to do when I grew

up? No. But I never thought I wanted to be a fire fighter either. The first time I went into a burning building [trainer] and the heat and the lack of being able to see anything and the adrenaline rush bit me. I wanted to do that.

What's your favorite part about Warren?

Where else are you going to see cattle herded down paved roads regularly?

What do you hope to do with your life?

I'm kind of a here and now kind of person. I'll do what I can do here and look back and say, "Oh, that was a fun time!"

**THIS PAGE IS RESERVED TO RECOGNIZE
OUTSTANDING WARREN MEMBERS.
TO NOMINATE, E-MAIL
SENTINEL@WARREN.AF.MIL.**

Play auditions

An audition will be held for the Missoula Children's Theatre production of "Snow White and the Seven Dwarfs" from 10 a.m. to noon June 19 at the Warren Youth Center for children in grades one to 12. Those auditioning should arrive at 10 a.m. and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the audition.

Among the roles to be cast are Snow White, Queen Bella, seven dwarfs, her forest friends, black forest creatures, a magic mirror, bats, henchmen and the king. No advance preparation is necessary. Assistant directors will also be cast to aid in rehearsals throughout the week, and to take on essential backstage responsibilities. The MCT Tour actor/directors will conduct rehearsals June 19 to 23. The show will be presented at 3 and 7 p.m. June 24 at the youth center.

For more information, call 773-2564.

Summer camp registration

Summer camp is a full weekly care program during the summer break for children currently enrolled in kindergarten through age 12. Children will have the opportunity to be involved in activities, clubs and field trips, nutritious meals and snacks. Weekly fees are based on the total family income. There is a \$15 registration fee.

For more information, call 773-2564.

Car wash card special

Call or stop by the auto skills center to purchase a pre-programmed wash card. Buy a new car wash card for any amount in June and \$5 additional will be added.

For more information, call the auto center at 773-3869.

U.S. Open Team Play Golf Tournament

Come to the Warren Golf Course June 17 and draw a PGA Tour professional playing in the U.S. Open as your partner. Schedule your own

tee time and build your own foursome.

The cost is \$15 for members and \$25 for nonmember. Sign up in the pro shop.

For more information, call 773-3556.

Canoe float trip

A canoe float trip is scheduled for June 17 at North Platte River for those 16 and older. Spend approximately four hours on the water taking in views of the wildlife including deer and bald eagles, as well as discovering old homestead ruins along the way. The cost is \$15 person and includes all gear. Bring a change of clothes, sunscreen, shades, a water bottle, a waterproof camera and a sack lunch.

For more information, call outdoor recreation at 773-2988.

Golf 101

Two sessions of Golf 101 are scheduled for 5:30 to 7 p.m. Monday, Wednesday and June 16, or June 26, 28 and 30. The cost is \$50.

For more information, call the Warren Golf Course at 773-3556.

Mongolian night

Come to the Trail's End Club 5 to 7 p.m. Tuesday for Mongolian night. A child's plate (3 ounce choice of meat) is \$4.95, light appetite (5 oz choice of meat) is \$7.95, and hungry appetite (9 ounce choice of meat) is \$10.95. Nonmembers pay additional \$2. Reservations are recommended.

For more information, call 773-3048.

Transmission flush special

Receive a \$10 discount during June for a transmission fluid power flush at the auto skills center.

For more information, call 773-3869.

Renaissance festival

Outdoor recreation is hosting a trip to the renaissance festival June 18 at Larkspur, Colo. The trip departs at 7:30 a.m. and returns at approximately 8 p.m. The cost is \$25 for adults, \$15 for children (ages 5 to 12) and \$10 for children under 5.

For more information, call 773-2988.

Beginning tennis lessons

Children ages 6 to 16 can learn the basics of tennis during a two-week session Monday to June 23. Classes will be held 10 to 11 a.m. Mondays and Wednesdays at the base tennis courts. Registration ends today.

The cost is \$22 and includes a tennis polo shirt and an end-of-class ice cream party.

The class is limited to the first 20 students. All equipment is provided.

For more information, call the youth center at 773-2564.

Teen and preteen Lock-Ns

Youth ages 9 to 12 are invited to the Preteen Lock-N 7 p.m. to 7 a.m. today.

Teens ages 13 to 18 are invited to the Teen Lock-N 7 p.m. June 16.

Youth can camp out, pitch a tent, roast hot dogs, make smores and sing campfire songs. Games will also take place. Breakfast will be provided. The cost is \$10 members, \$15 nonmembers.

For more information, call the youth center at 773-2564.



JUNE 25 TO JUNE 29, 2006
CHAPEL ACTIVITIES CENTER- BUILDING 212

We need two leaders for Crafts and Decorating. These are leadership positions and require attending a planning meeting, decorating your room, and organizing the activities in your event.

We need 20 crew leaders: Crew leaders are in charge of a multi-age group of 5 children. You will stay with your group for the entire five days and rotate with them to the various stations. You attend one training meeting in advance of VBS.

Please email Carolyn if you are interested in volunteering: carolyn.johnson@warren.af.mil or leave a message at 773-3159.

Education briefs

Commissioning workshop

The Warren Education Center is presenting a commissioning workshop for active duty enlisted members 2 p.m. Tuesday in the education center, Room 24. Presentations will include ROTC programs, Officer Training School, the Air Force Academy and prep school.

For more information on commissioning programs or to register for the workshop, call 773-2117.

Troops to Teachers

Troops to Teachers is a program that can provide assistance for troops considering teaching as a second career. Air Force Tuition Assistance may also be used for courses leading to teacher certification.

For more information, call 773-2117.

Need a tutor?

The education center staff has compiled a list of tutors available for active duty students enrolled in college courses. Those interested in obtaining the assistance of a tutor should call the education center at 773-2117.

Attention University of Phoenix students

A University of Phoenix representative is available Mondays from 1 to 3 p.m. in Room 28 at the education center to meet with students enrolled in UOP programs.